

## **ABSTRACT OF THE DISCLOSURE**

A lounge chair with ergonomic features. The lounge chair includes frame, a contoured seat section and an adjustable contoured back section that can be angularly biased relative to the  
5 seat section. The mechanism that permits the angular positioning between the seat and back sections includes a biasing member (such as a spring) and an actuator that can be operated with one hand, thereby promoting ease of use. A variable-position aperture formed into the back section can accommodate users of different heights. The contouring can be bowed upward to provide additional ventral or dorsal support to a user depending on whether the user lying prone  
10 or supine on the chair. In one embodiment, the lounge chair is of predominantly wooden construction, preferably from a dense hardwood.